



K.R MANGALAM WORLD SCHOOL, G.K.- II
ONLINE INTER-HOUSE COMPETITION FOR THE MONTH OF
DECEMBER
CLASSES IV& V

DATE: 01/12/2020

Circular No: KRMGK-II/20-21/206

On 29th August 2019, the Honorable Prime Minister of India, launched nationwide “Fit India Movement” which was aimed to encourage people to inculcate physical activity and sports in their everyday lives and daily routine. To take this mission forward, CBSE has organised the “Fit India School Week”. This movement endeavors to alter this behaviour from ‘Passive Screen time’ to ‘Active Field time’ and the aim of the objective is to develop Sports Quotient among all the students to achieve a healthy lifestyle.

In pursuit of the same the school is organising Online Inter – House Competitions to be held in the third week of December 2020.

NOTE: - A student can participate in one event only. For further details refer to the instructions given along with each activity

Virtual Activities for Fit India School Week Celebrations 2020

VIRTUAL ACTIVITIES	DAY AND DATE	DESCRIPTION	MODE OF CONDUCT
Inter House Poster Making Competition	Wednesday (16.12.20)	Theme - “Hum Fit Toh India Fit” or “New India Fit India” To be done on an A3 size sheet	Offline 1. Picture of the student holding the poster. 2. Picture of the poster. To be submitted via mail
Inter House competition online Sports Quiz	Friday (18.12.20)	Selections will be based on results of the Preliminary round of the quiz to be conducted via MS Forms on 14.12.20 Three students from each house from classes IV and V will qualify for the final round on 18.12.20 Criteria for selection – Maximum Score and Minimum Time taken. Theme – Fitness/sports Questions will be based on the following games:	Online – MS Teams

		Basketball Football Cricket Kho-Kho Kabaddi	
Inter House Chess	Saturday (19.12.20)	Participants will be required to download the Lichess app (Free). An online Tournament will be scheduled. Link of the tournament will be shared two days prior. Duration of the Tournament – 1-1:30 hours	Online – Lichess App (Free)
Inter House Virtual Squat Challenge	Saturday (19.12.20)	The students will be required to perform tasks such as balancing, squats etc., (as directed by the teacher) during the session. A sample video will be shared with the participants for reference.	Online – MS Teams

Consent for participation to be sent by December 10, 2020 on the below mentioned email ids given on the next page.

Dr. Sangeeta Arora

Principal

HOUSE	EVENT	EMAIL ID
1. RUBY	POSTER MAKING	kumari.poonam@gk2.krmangalam.com
	SPORTS QUIZ	beena.v@gk2.krmangalam.com
	CHESS	asha.b@gk2.krmangalam.com
	VIRTUAL CHALLENGE	nidhi.chaudhary@gk2.krmangalam.com
2. TOPAZ	POSTER MAKING	isha.b@gk2.krmangalam.com
	SPORTS QUIZ	arpita.sanyal@gk2.krmangalam.com
	CHESS	palak.dua@gk2.krmangalam.com
	VIRTUAL CHALLENGE	arti.d@gk2.krmangalam.com
3. SAPPHIRE	POSTER MAKING	archana.sagar@gk2.krmangalam.com
	SPORTS QUIZ	monika.bhandari@gk2.krmangalam.com
	CHESS	rekhapal@gk2.krmangalam.com
	VIRTUAL CHALLENGE	ruchi.sehgal@gk2.krmangalam.com
4. EMERALD	POSTER MAKING	sandhya.a@gk2.krmangalam.com
	SPORTS QUIZ	archana.g@gk2.krmangalam.com
	CHESS	richa.nanda@gk2.krmangalam.com
	VIRTUAL CHALLENGE	neha.gupta@gk2.krmangalam.com



K.R MANGALAM WORLD SCHOOL, G.K II
INTER HOUSE COMPETITIONS, DECEMBER 2020

Consent Slip

I hereby state that my ward _____ of class and section _____ of house
_____ would like to participate in _____ event organised by the
school.

Parent's Name - _____

Contact Number - _____

Date - _____
